Kentucky
Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

The Epidemic

63% of Kentucky adults are obese
or overweight.
(CDC BRFSS, 2002)

35% of low-income children between two
and five years of age in Kentucky are
overweight or at risk for overweight.
(CDC PedNSS, 2002)

The obesity rate among Kentucky adults
doubled between 1990 and 2002.
(CDC BRFSS, 2002)

Notable Partners

American Heart Association
Kentucky Cardiovascular Health Coalition
Kentucky Department of Education
Kentucky Diabetes Network
Lexington-Fayette County Health Department
University of Kentucky Prevention Research
Center
University of S. Florida Prevention Research
Center

Program Priorities

Kentucky is establishing a steering
committee to help decide how to approach
the development of a state plan.

The overarching goal of the nutrition and
physical activity program is to transform
the way agencies and organizations
throughout Kentucky cooperate to
reduce obesity and other chronic
diseases.

The Kentucky Department of Public Health
will use the opportunity afforded by CDC
funding to bring together key players in the
area of obesity prevention to develop a
coordinated state plan. The plan will follow
the best practices identified by CDC's
Division of Nutrition and Physical Activity
and other experts and will take advantage of
the many resources already existing in
communities throughout Kentucky.

Upcoming Events and Products

➢ An evaluation of the impact of the
  breastfeeding initiative started by the
  Department of Public Health in 2001
➢ A State Physical Activity, Nutrition and
  Obesity Prevention Plan in which partners
  across the state take responsibility for
  specific target populations and/or activities

Project period: 2003–2008
Year First Funded: 2003
Funding stage: Capacity building
Contact Person: Wendy Carlin
Program Coordinator
Kentucky Department of Public Health
Telephone: 502-564-7996
E-mail: wendy.carlin@mail.state.ky.us